

Feta and Tomatoes One Pot Pasta



A divine, quick meal that will please everyone! Transform your garden tomatoes into a delicious dish with our “one pot pasta” recipe, made with legume pasta, feta cheese, and fresh tomatoes. A savoury, quick, and nutritious meal, perfect for enjoying summer flavours!

Preparation 10 min

Cooking 40 min

Servings 6

Nutrition Facts (per serving)

Calories 315

Fat 7

Carbohydrates 42

Fibre 9

Protein 21

Sodium 835

Ingredients

- 625 ml (2 ½ cups) tomato sauce (Marinara or basil tomato)
- 500 ml (2 cups or 180 g) dry legume pasta
- 500 ml (2 cups) whole cherry tomatoes (or other fresh tomatoes)
- 250 ml (1 cup) water

- 250 ml (1 cup) textured vegetable protein (TVP)
- 1 bell pepper, diced
- 5-6 mushrooms, sliced
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- Pepper, to taste
- 500 ml (2 cups) spinach, chopped

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a large oven-safe glass dish (Pyrex), mix all ingredients except the spinach.
3. Cover with aluminum foil and bake for 35-40 minutes or until the vegetables are tender, and the pasta is cooked.
4. Remove from the oven, add the spinach, and mix well before serving.

Notes

Keeps for 3-5 days in an airtight container in the refrigerator.

Legume pasta can be found in most grocery stores in the organic aisle. They are higher in fibre and protein than regular pasta.



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